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Extension Home Economics

*MCU 20-75
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Helps Today's Families Build Better Lives

PA-981 · Extension Service
U.S. Department of Agriculture





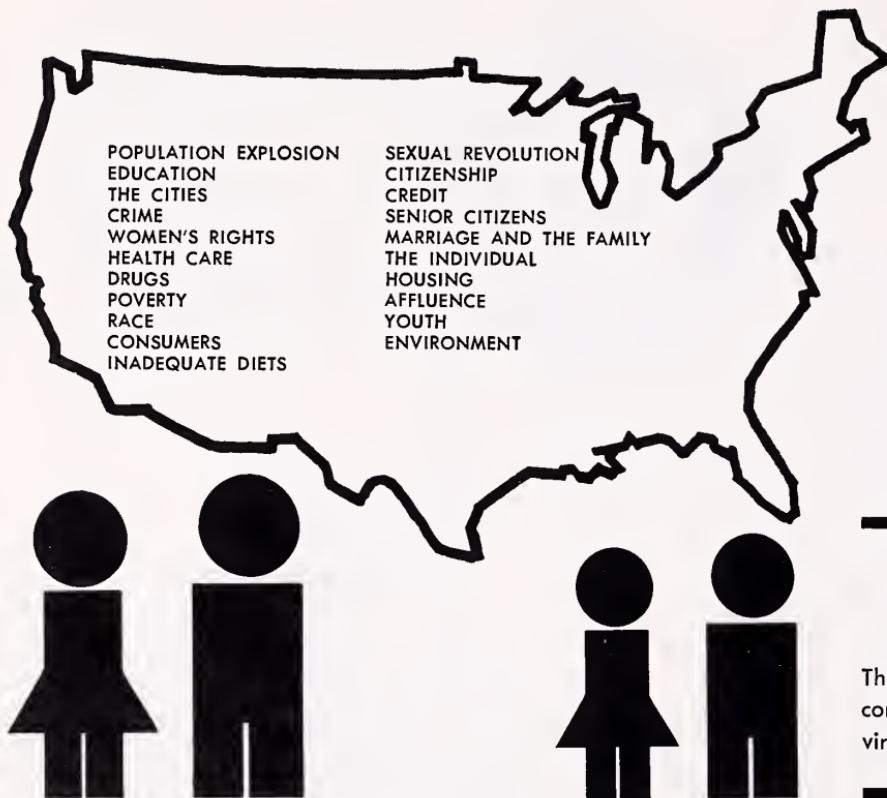
WHAT IS EXTENSION HOME ECONOMICS?

In its educational programs, Extension home economics seeks to:

- Improve the quality of individual and family decisions.
- Provide the competencies needed to carry out those decisions.
- Help individuals increase their ability to interact effectively with others.
- Develop the potential that exists for better individual, family, and community living.

Extension home economics is a part of the Cooperative Extension Service, established by an act of Congress in 1914 to help the people of the United States improve their homes, farms and communities. The U.S. Department of Agriculture, State and local governments, and land-grant colleges and universities in the 50 States, District of Columbia, Puerto Rico and the Virgin Islands, share in financing and supporting this national out-of-school educational program for adults and youth in cities, small towns and rural areas.





The world is changing. So are today's families. Their needs and concerns reflect their fast-changing, technological, space-age environment . . . its problems and pleasures.

the country are responsible for planning and conducting these programs, in cooperation with community leaders and volunteer workers. These home economists hold college degrees and, as professional staff members, are encouraged to continue their education and constantly increase their professional competency. Specialists located at the State land-grant universities provide back-up information to the home economists in areas such as nutrition, family economics, home management, housing and home furnishings, clothing and textiles, human relations, child development, and communications.

Extension home economists use these methods, and others, to provide today's families with educational programs:

- Mass media (newspaper, radio and TV).
- Workshop meetings, discussion groups.
- Volunteers trained by Extension to teach others.
- Extension program aides employed and trained to teach low-income families on an individual and small group basis.
- Correspondence courses, newsletters, publications.
- Mobile classrooms that go where people are.
- Homemaker groups.
- Telelectures—closed circuit TV lessons accompanied by telephone question and answer sessions.
- Cooperative teaching efforts with other agencies and organizations.
- 4-H and related youth activities.

HOW DOES EXTENSION HOME ECONOMICS RELATE TO MODERN FAMILIES AND THEIR NEEDS?

An awareness of national problems has led Extension educators across the country to focus on five major areas of concern: family stability, consumer competence, family health, family housing, and community and resource development. County Extension home economics programs reflect these concerns, as well as local needs. Extension home economists in more than 3,000 Extension offices across



WORKING WIFE (R) receives information on managing time and money from Extension home economist.

MODERN FAMILIES ARE NOT ALL ALIKE. THEIR NEEDS ARE DIFFERENT. EXTENSION'S TEACHING EFFORTS ARE DIRECTED TOWARD MEETING THOSE INDIVIDUAL NEEDS.

Time-saving household appliances, convenience foods and understanding families have helped American women join the work force in growing numbers. Locating adequate child care, making sure that family members eat nourishing meals on a regular basis, finding time to do necessary household chores and still share family life, are constant pressures on many modern working wives. Extension has information that will help these busy homemakers and their families.



SENIOR CITIZEN gets food shopping help at his local supermarket. Extension home economists train aides and volunteers for this work.



YOUNG HOMEMAKERS leave Extension mobile unit after a meeting on nutrition.

Many of today's senior citizens are living on fixed incomes that do not stretch to meet the financial strain of rising prices. Elderly people often live alone, facing financial problems and the stress that comes from loneliness, boredom, poor health, and the feeling that useful days are over. Extension makes information and group learning experiences available to senior citizens. It also offers them opportunities to use their talents and abilities as volunteer leaders, members of community planning groups, and program participants.

Young parents frequently lack the information they need to begin housekeeping, raise a family, and make wise use of money. Unemployment or underemployment may cause severe financial problems. Reaching these families with educational programs is a special challenge for Extension, especially when families are located in isolated rural areas. Mobile teaching units that take information to people where they are, are being used. Volunteers or Extension program aides who have experienced the problems of rural poverty often do the teaching in these situations.



HANDICAPPED girl,
a cerebral palsy victim,
bakes her first
casserole with help
from Extension
home economist.

Extension can help people with mental or physical handicaps lead more useful, comfortable, and satisfying lives. Educational programs are available to show handicapped homemakers how to plan kitchens and homes that will serve their needs. Extension trained volunteers teach food preparation, home management skills and sewing to handicapped homemakers. Handicapped young people learn and develop in 4-H youth groups.



MIDDLE-YEARS family looks for apartment. Extension has helped them determine their housing needs.

Middle-age is nearly always accompanied by changes in family lifestyle as children leave home for marriage, careers or extended schooling. Decisions become more parent-oriented and may involve changes in housing needs, retirement plans, or family diets. Home-makers often return to the work force, enroll for further schooling, or become more involved in community activities. Extension has information to help middle-years families as they make important adjustments in their lives and plan for the future.



URBAN PARENTS read notice of Extension meeting on child care.

Urban living has advantages for many families. Less time and money is spent commuting to city jobs. Shopping, theaters and other recreational activities are readily available. Home and lawn upkeep usually are not problems.

But there are disadvantages to urban living. Middle-income and low-income housing frequently fail to meet the needs that exist. City schools are overcrowded and lack the financial support they require. Crime rates are high. Community services often are lacking. Extension helps people become informed about their community. It shows them how to get the most from their resources. Through individual and group efforts, informed urban residents can help to make their city a better place to live.



LOW-INCOME Indian
homemaker learns
how to use USDA
commodity foods.
Extension aide
also tells her
how to improve
her family's diet.

Many of this country's citizens lack adequate income, housing, education or employment. The diets of these families often are poor. Extension, recognizing that it must respond to these needs, now employs thousands of program aides—women who come from the community in which they work—in the Expanded Food and Nutrition Education Program. Their job is to teach hard-to-reach homemakers in urban and rural areas how to improve their families' diets, better utilize available resources, and improve their food preparation skills. Extension professionals hire, train and supervise the aides.

YOUTH and adults
discuss problems
that concern
today's families.



Modern American families feel the strain and stress of a technological age. Young people are questioning everything: authority, marriage, the family, use of drugs, dating customs, sexual freedom, their rights as individuals. It is a difficult time to hold a family together. Extension helps parents and young people work, play and grow together.



COMMUNITY GROUP of
Puerto Rican social
agency representatives
and Extension staff
work together
to solve problems.

The quality of modern life and man's environment are topics discussed with increasing concern by Americans in cities, small towns, and rural areas. People want to know what can be done to preserve good, clean air. They want soil that will nourish the food they eat. And they want a countryside with its beauty restored. They want water that is clean and pure. And they want the national problem of poverty solved, for once and for all. They want crime controlled so that they can walk their streets again, unafraid.

More and more Americans are joining groups and organizations whose goal is to improve the environment. Extension educators are helping these citizens work toward a better quality of life for all families.



VOLUNTEER asks community leaders for their questions on credit. The Extension home economist who appears on closed-circuit television, answers questions from this group, and similar groups, using a special telephone set-up.

Men, women and youth volunteers trained by Extension professionals lead discussion groups, serve in an advisory capacity to identify community concerns, demonstrate the use of commodity foods, tell local residents about Extension educational programs through shopping center exhibits and other efforts, provide transportation so that elderly people and others can attend Extension meetings, teach homemaker groups, take care of children while mothers attend Extension meetings, and perform many other creative and useful tasks. Volunteers help Extension provide information to many families that it could not otherwise reach.

CONTACT YOUR LOCAL EXTENSION OFFICE FOR INFORMATION ABOUT HOME ECONOMICS PROGRAMS IN YOUR COUNTY, OR TO OFFER YOUR SERVICES AS A VOLUNTEER. MORE VOLUNTEERS ARE NEEDED.



For more information about your State's Extension program, write the Extension Home Economics Leader at your State land-grant university:

ALABAMA—Auburn University, Auburn 36830

ALASKA—University of Alaska, College 99701

ARIZONA—University of Arizona, Tucson 85721

ARKANSAS—University of Arkansas, Little Rock 72203

CALIFORNIA—University of Calif., 2200 University Ave., Berkeley 94720

COLORADO—Colorado State University, Fort Collins 80521

CONNECTICUT—University of Conn., Storrs, 06268

DELAWARE—University of Delaware, Newark 19711

DISTRICT OF COLUMBIA—Federal City College, Washington, D.C.
20005

FLORIDA—University of Florida, Gainesville 32601

GEORGIA—University of Georgia, Athens 30601

GUAM—Extension Office, Agana 96910

HAWAII—University of Hawaii, Honolulu 96822

IDAHO—University of Idaho, Moscow 83843

ILLINOIS—University of Illinois, Urbana 61801

INDIANA—Purdue University, Lafayette 47907

IOWA—Iowa State University, Ames 50010

KANSAS—Kansas State University, Manhattan 66502

KENTUCKY—University of Kentucky, Lexington 40506

LOUISIANA—Louisiana State University, Baton Rouge 70803

MAINE—University of Maine, Orono 04473

MARYLAND—University of Maryland, College Park 20742

MASSACHUSETTS—University of Mass., Amherst 01002

MICHIGAN—Michigan State University, East Lansing 48823

MINNESOTA—University of Minnesota, St. Paul 55101

MISSISSIPPI—Miss. State University, State College 39762

MISSOURI—University of Missouri, Columbia 65201

MONTANA—Montana State University, Bozeman 59715

NEBRASKA—University of Nebraska, Lincoln 68503

NEVADA—University of Nevada, Reno 89507

NEW HAMPSHIRE—University of New Hampshire, Durham 03824

NEW JERSEY—Rutgers—The State Univ., New Brunswick 08903

NEW MEXICO—New Mexico State University, University Park 88070

NEW YORK—Cornell University, Ithaca 14850

NORTH CAROLINA—N. Carolina State University, Raleigh 27607

NORTH DAKOTA—North Dakota State University, Fargo 58102

OHIO—Ohio State University, Columbus 43210

OKLAHOMA—Oklahoma State University, Stillwater 74074

OREGON—Oregon State University, Corvallis 97331

PENNSYLVANIA—Pennsylvania State University, Univ. Park 16802

PUERTO RICO—University of Puerto Rico, Rio Piedras 00928

RHODE ISLAND—Univ. of Rhode Island, Kingston 02881

SOUTH CAROLINA—Clemson University, Clemson 29631

SOUTH DAKOTA—South Dakota State Univ., Brookings 57006

TENNESSEE—University of Tenn., Knoxville 37901

TEXAS—Texas A&M University, College Station 77843

UTAH—Utah State Univ., Logan 84331

VERMONT—University of Vermont, Burlington 05401

VIRGINIA—Virginia Polytechnic Institute, Blacksburg 24061

VIRGIN ISLANDS—P.O. Box 166, St. Croix 00850

WASHINGTON—Washington State University, Pullman 99163

WEST VIRGINIA—West Virginia State University, Morgantown 26506

WISCONSIN—University of Wisconsin, Madison 53706

WYOMING—University of Wyoming, Laramie 82070

Cooperative Extension Work: U.S. Department of Agriculture and
State Land-Grant Universities Cooperating.

